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NO SOONER had Britain shipped its first load of buses to Cuba yesterday and canceled a big bus deal with Indonesia, than Spain pulled out of a $50 million frigate-building deal, causing Prime Minister Douglas-Home to raise a bitter attack on the opposition Labor Party for interfering.

The Labor Party, especially Harold Wilson, "deliberately wrecked" the Spanish frigate deal, Douglas-Home charged, and was "totally irresponsible" in doing so.

Generalissimo Franco scuttled the frigates, British officials said, because he wasn't sure a Labor Government would honor the contract. Labor leader Wilson had criticized the Conservatives for entering the negotiations.

The Indonesian bus deal was cancelled, Vauxhall Motors said, because of "implications" that Douglas-Home didn't like the idea. The first of 950 Leyland buses sold to Cuba for $25 million were shipped out on an East German ship to avoid further antagonism from the U.S.

Fidel Castro's sister, Juana, was "in hiding" in Mexico City following her defection from Cuba and a press conference in which she accused her brother of "nailing Cuba to a cross of torment imposed by international communism."

Cuban exile sources in Miami said she told them by telephone that her brother, Cuban Armed Forces Minister Raul Castro, agreed in advance to help her leave Cuba. She has also repeatedly agreed to visit Washington.

Meanwhile, the Mexican newspaper Ultimas Noticias reported that the Cuban exile student directorate says Cuban President Osvaldo Dorticos' mother, who is very religious, is considering defecting because she feels the Castro regime is persecuting the Catholic Church.